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# Wheatless Breads and Cakes.

## SAVE THE WHEAT FOR VICTORY.

OUR soldiers and those of the Allies who are fighting in France must have bread. America must send them wheat. Every American has a chance to help. We must use one-half or even less of the usual amount of wheat if our soldiers are to have the bread they need.

TO SAVE THE WHEAT USE THE WHEAT SUBSTITUTES. Corn meal, rolled oats, rice, and buckwheat—these are usually found everywhere. Besides you can now get barley flour, ground oats, corn flour, rice flour, and potato flour in many markets. In some places peanut flour, sweet potato meal, soy bean flour, kaffir, milo, and feterita meal can be obtained for use. Choose the ones easiest to get in your neighborhood and use them in place of wheat.

Whole wheat and graham flour, macaroni, and the wheat breakfast foods should be saved just the same as white flour. We are also asked to save rye.

USE QUICK BREADS. American people have always used and liked quick breads. Try the wheat substitutes for making them. They are delicious and they can save a great deal of wheat for our soldiers.

Corn meal is one of the best of the wheat substitutes. For its use see U. S. Food Leaflet No. 2.



## QUICK BREADS REQUIRING NO WHEAT.

### BARLEY BISCUITS.

Have you ever made barley biscuits? They are worth trying.

2 cups barley flour.	$\frac{1}{2}$ teaspoon salt.
2 tablespoons fat.	4 teaspoons baking powder.
$\frac{2}{3}$ cup milk.	

Sift the dry ingredients together, mix in the fat, and add the liquid until a soft dough is formed. Roll to about three-fourths inch thick, cut with a cooky cutter, and bake in a hot oven.

This makes a very good dough for shortcake also.

### BUCKWHEAT BREAKFAST CAKE.

This is good, if served hot.

2 cups buckwheat flour.	2 cups sour milk.
$\frac{1}{4}$ cup shortening.	1 teaspoon soda.
$\frac{1}{2}$ teaspoon salt.	

Mix and bake in a flat pan so that the cake is about  $1\frac{1}{2}$  inches thick when done. Cut in squares and serve hot like corn bread.

### WAFFLES OR GRIDDLE CAKES.

$1\frac{1}{2}$ cups milk.	2 cups barley flour.
2 eggs.	3 teaspoons baking powder.
2 tablespoons fat.	1 teaspoon salt.

Corn flour or half corn flour and half peanut flour may be used instead of barley flour.

Sift the dry ingredients together and add slowly the milk, beaten egg yolk, and melted fat. Beat thoroughly for a minute and fold in stiffly beaten whites. Cook in hot well-greased waffle iron or as griddle cakes on a hot well-greased griddle.

Oats are good for quick breads. Rolled oats may be ground through a food chopper and used in this form in quick breads or cakes, or ground oats may be bought as such.

Try these oatmeal and corn-flour muffins:

### OATMEAL (GROUND OATS) AND CORN-FLOUR MUFFINS.

1 cup milk.	1 cup oatmeal.
2 eggs.	1 cup corn flour.
1 tablespoon melted fat.	4 teaspoons baking powder.
1 teaspoon salt.	

Sift the dry ingredients together and add to the liquid. Stir in the melted fat. Bake in well-greased muffin molds for 25 minutes.

For Scotch Oat Wafers see U. S. Food Leaflet No. 6.

These quick breads must take the place of much of the yeast bread we are accustomed to using. The yeast bread we do use should be Victory bread. The bakers of this country are now making this Victory bread which contains 25 per cent. of wheat substitutes, just as the bakers in France and England are using wheat substitutes in their yeast bread. Waste none of the bread, for all products containing wheat are precious.

Loaf bread that can be sliced and served cold or toasted is often wanted. Try this conservation loaf:

#### OAT AND CORN-FLOUR BREAD.

2 cups rolled oats (ground).	$\frac{3}{4}$ cup milk.
$\frac{2}{3}$ cup corn flour.	2 eggs.
4 teaspoons baking powder.	4 tablespoons corn sirup.
1 teaspoon salt.	2 tablespoons melted fat.

Mix the melted fat, liquid, sirup, and egg. Add the well-mixed dry ingredients. Bake as a loaf in a moderately hot oven for one hour or longer. Nuts or raisins may be added, if desired.

**QUICK BREADS FOR AMERICANS!** Victory bread saves wheat flour, but we can save more by making quick breads, which require no wheat. Let Americans use them now for the Cause of Liberty. We can not ask the women of France, many of whom are working twelve or fourteen hours a day in the field or factory, to make these breads. They are not accustomed to them and have no ovens in their homes for baking. Even in the little country towns they buy all their bread from the baker, and the bakeries are not equipped to make such breads. We cannot ask the men in the trenches to use the quick breads either, for all their bread must be baked by army bakers in the bakeries back of the lines.

It is our duty to use quick breads here in America, where we know how to make them and have facilities for baking them. Remember when you take the extra trouble to make a quick bread for a meal you help to make it possible for the soldier in the trench or the French woman who is doing a man's work "over there" to have a loaf of bread.

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## WHEATLESS CAKE AND PASTRY.

Very good cake and pastry can be made from the wheat substitutes.

### PASTRY.

2 cups barley flour.

1 teaspoon salt.

1/3 cup fat.

Water to make a stiff dough.

Combine as for other pastry.

### CHOCOLATE CAKE.

This is a true conservation cake, for it saves sugar as well as wheat.

1/4 cup fat.

1/2 cup milk.

3 tablespoons brown sugar.

2 cups barley flour.

2 eggs.

4 teaspoons baking powder.

1 cup corn sirup.

1/4 teaspoon salt.

2 squares chocolate (melted).

1 teaspoon vanilla.

Cream the fat and sugar, add the egg yolks, sirup, and melted chocolate, and beat well. Sift the dry ingredients together and add alternately with the milk. Add vanilla and fold in the stiffly beaten whites. Bake in loaf or layers in a moderate oven.

## OTHER WAYS TO SAVE WHEAT.

*Cut your loaf at the table slice by slice as needed. Waste not a crumb.*

*Waste no flour on the bread board when you make bread.*

*For thickening.*—Use cornstarch or the substitute flours. Fine corn meal is good for dredging meats. Every little bit of flour saved counts.

*Have breadless meals.*—Eat potatoes or cooked cereals to take the place of bread. When you have potatoes, rice, or hominy served with meat, or for breakfast a large bowl of cereal, you do not need bread.

